

**Genetic Counseling Resources for Hemoglobin Disorders and Traits**

**Western Washington**

Swedish Medical Center

Perinatal Medicine  
1229 Madison St.  
Nordstrom Tower, Suite 750  
**Seattle, WA 98104**  
Phone: (206)386-2101  
Fax: (206)386-6715

Eastside Maternal Fetal Medicine

1110 112<sup>th</sup> Ave NE, Suite 100  
**Bellevue, WA 98004**  
Phone: (425) 688-8111  
Fax: (425) 688-8110

Evergreen Hospital Medical Center

Maternal-Fetal Medicine

12333 NE 130<sup>th</sup> Ln, Tan 240  
**Kirkland, WA 98034**  
Phone: (425) 899-2200  
Fax: (425) 889-2210

Valley Medical Center

Maternal Fetal Medicine

4033 Talbot Road S, #450  
**Renton, WA 98055**  
Phone: (425)656-5520  
Fax: (425)656-5363

Seattle Children's Hospital

Medical Genetics Clinic

4800 Sand Point Way NE/  
PO Box 5371/A7937  
**Seattle, WA 98105-0371**  
Phone: (206) 987-2665  
Fax: (206) 987-2495

Columbia Health Center

4400 - 37th Avenue South  
**Seattle, WA 98118**  
Phone: (206) 296-4650  
Fax: (206) 205-0580

Group Health Cooperative

Genetic Services

201 16<sup>th</sup> Ave E CMB-5  
**Seattle, WA 98112**  
Phone: (206) 326-2525  
Fax: (206) 326-2010

*(For Group Health members only)*

Odessa Brown Sickle Cell Clinic

2101 E. Yesler Way  
**Seattle, WA 98122**  
Phone: (206) 987-7232  
Fax: (206) 329-9764

UW Medical Center

Medical Genetics Clinic

1959 NE Pacific Street/ Box 357720  
**Seattle, WA 98195-7720**  
Phone: (206) 598-4030  
Fax: (206) 598-3269

UW Medical Center

Prenatal Diagnosis Clinic

1959 NE Pacific Street/ Box 356159  
**Seattle, WA 98195**  
Phone: (206) 598-4072  
Fax: (206) 598-2359

Madigan Army Medical Center

Medical Genetics

9040 Jackson Ave

**Tacoma, WA 98432**

Phone: (253)403-3481

Fax: (253)403-8674

*(Services limited to Armed Services personnel and their dependents)*

MultiCare Regional

Maternal-Fetal Medicine

1105 Division Ave, Suite 201

**Tacoma, WA 98405**

Phone: (253) 403-9200

Fax: (253) 403-9201

Legacy Salmon Creek Medical Center

Maternal-Fetal Medicine

2101 NE 139th St, Suite 260

**Vancouver, WA 98686**

Phone: (360)487-2870

Fax: (360)487-2879

**Eastern Washington**

Kadlec Medical Center

712 Swift Blvd, Suite 1

**Richland, WA 99352**

Phone: (509) 942-2821

Fax: (509) 943-1497

Deaconess Perinatal Services

800 W 5th Ave

**Spokane, WA 99204**

Phone: (509) 473-3690

Fax: (509) 473-3692

Central Washington Genetics

Program Children's Village

3801 Kern Rd

**Yakima, WA 98902**

Phone: (509) 574-3260

Fax: (509) 574-3210

Providence Genetics Clinic

105 W 8th Ave, Suite 454

**Spokane, WA 99204**

Phone: (509)474-3810

Fax: (509)474-3811

Pullman Regional Hospital

The Center for Genetics

1620 SE Summit Ct

**Pullman, WA 99163**

Phone: (509) 332-5106

Fax: (509) 334-5723

Wenatchee Valley Medical Center

ATTN: Genetics

820 N Chelan Ave

**Wenatchee, WA 98801**

Phone: (509) 667-7538

Fax: (509) 664-3417

**Oregon**

Kaiser Permanente

Department of Genetics

3325 N. Interstate Ave.

**Portland, OR 97227**

Phone: (503) 331-6593

*(For Kaiser members only)*

Legacy Emanuel Medical Center

Maternal-Fetal Medicine

300 N. Graham Street, Ste 100

**Portland, OR 97227**

Phone: (503) 413-1122

Fax: (503)413-4238

Northwest Perinatal Center

9701 SW Barnes Road, Ste 299

**Portland, OR 97225**

Phone: (503) 297-3660

Fax: (503)297-7637

Oregon Health Sciences University

Prenatal Diagnosis and Counseling

3181 SW Sam Jackson Park Road

**Portland, OR 97239**

Phone: (503) 418-4200

Center for Genetics & Maternal -

Fetal Medicine

3355 Riverbend Drive, Suite 210

**Springfield, OR 97477**

Phone: (541) 349-7600

# Hemoglobin C Trait

Information for parents  
about Hemoglobin C

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## What is hemoglobin?

Hemoglobin is the part of blood that carries oxygen to all parts of the body. The usual type of hemoglobin is called hemoglobin A. Genes that we inherit from our parents determine what type of hemoglobin we have.

## What is hemoglobin C trait?

Hemoglobin C trait means that your child has inherited one gene for the usual hemoglobin (A) from one parent and one gene for hemoglobin C from the other parent. **Hemoglobin C trait is not a disease and does not cause any health problems.**

## What if a person has two hemoglobin C genes?

When a child inherits the gene for hemoglobin C from both parents rather than hemoglobin A, that child has hemoglobin C disease. People with hemoglobin C disease usually have no serious health problems, but it may cause a mild to moderate anemia (low number of red blood cells). However, this should be followed by a doctor because sometimes other health problems may occur.

## Why was my child tested for hemoglobin C?

The Newborn Screening Program screens all infants born in Washington State for certain disorders, including hemoglobin disorders. A small amount of blood was collected from your infant's heel and sent to the State Laboratory for testing. Other abnormal hemoglobin types are also detected.

## If hemoglobin C does not cause any health problems, why do I need to know that my child has it?

It is important to know about your child's hemoglobin C status because future children in your family, or other family members, may be at risk for having hemoglobin sickle C disease, a very serious disease described on the next page. People with hemoglobin C trait or disease can pass the gene to their children.

## What is hemoglobin sickle C disease?

Your child does not have hemoglobin sickle C disease, but future children and other family members may be at risk for having it. When a person has hemoglobin sickle C disease, they do not inherit any of the usual hemoglobin A; they inherit a hemoglobin S gene (sickle hemoglobin) from one parent and a hemoglobin C gene from the other parent. This is a form of sickle cell disease. Hemoglobin sickle C disease is a serious illness requiring regular medical care. There is currently no universal cure.

## What do I do now?

We recommend that you and your partner have testing to determine your hemoglobin status. This would provide you with information on your chances of having a future child with hemoglobin C disease or hemoglobin sickle C disease. To have this testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet. You may also want to share this information with the rest of your family. They may be interested in finding out their hemoglobin status as well.

## What can I do if I have more questions?

If you have more questions, you can talk to your child's health care provider or you can contact the Newborn Screening Program using the information below.

Newborn Screening Program  
1610 NE 150th Street  
Shoreline, WA 98155  
Phone: (206) 418-5410  
Toll Free: 1-866-660-9050  
Email: [NBS.Prog@doh.wa.gov](mailto:NBS.Prog@doh.wa.gov)  
Internet: [www.doh.wa.gov/nbs](http://www.doh.wa.gov/nbs)

